
Subject: Breastfeeding Equipment

Effective Date: October 1, 2004

Revised from:

Policy: Breast pumps have been demonstrated to help breastfeeding mothers sustain breastfeeding for a longer duration. Local WIC agencies (LA) must consider several factors before incorporating distribution of breast pumps into program operations. These factors include:

- how providing pumps fits within the scope of breastfeeding promotion and support activities;
- staff resources including time and skills;
- breastfeeding referral sources within the community.

Breast pumps are not a universal need of breastfeeding mothers. Most women, in normal circumstances, can establish and maintain lactation without using a breast pump. For some women, hand expression meets the need to maintain comfort or express milk for later feeding. Contact the State Agency (SA) for training information and a video on hand expression.

For other women, using a pump helps maintain comfort and/or extends breastfeeding duration. For a subset of women, a pump is necessary to establish lactation or maintain lactation during extended periods of separation between a mother and her baby.

Equipment is available to help breastfeeding participants with specific breastfeeding management problems. Equipment includes:

- Manual breast pumps
- Electric breast pumps
- Collection kits

The purchase of manual breast pumps, electric breast pumps and collection kits are allowable with WIC funds. The purchase may be made with either local agency grant funds (Nutrition Services Administration [NSA] funds) or with WIC food funds.

Procedure:

1. The LA breastfeeding coordinator or designee is responsible for ordering and maintaining breastfeeding equipment and can delegate responsibilities as needed.
 - a. Call the SA Breastfeeding Coordinator to request permission to order.
 - b. To be reimbursed using NSA funds submit the expenditure on the WIC affidavit.
 - c. To be reimbursed using food funds submit the WIC Breast Pump Request for Reimbursement Form (see Forms Section) using the following procedures:
 - Purchase manual breast pumps and/or collection kits.

Subject: Breastfeeding Equipment

- ❖ Hand Pumps - The cost of purchase for horn or bulb style hand breast pumps will not be reimbursed by the WIC program. These pumps are easily contaminated and the bulbs may still harbor bacteria after cleaning. In addition, these pumps often cause breast trauma.
- ❖ Manual Pumps - Manual breast pumps must be evaluated for safety and effectiveness. The manual pump should be:
 - easy to assemble,
 - easy to clean,
 - portable, and
 - comfortable to use.

The pump should fit most women's hands. Operating the pump should use muscles in an anatomically correct way to prevent user fatigue or injury.

The milk collection container should:

- be easy to remove with minimal spillage,
- collect milk in a standard size baby bottle, and
- adapt for use in feeding.

The manual pump should:

- have more than one flange size available,
- maintain stable suction throughout milk collection,
- prevent backflow, and
- replacement parts should be easily available.

Print materials should:

- include pictures or diagrams that support the directions,
- and
- be available in other languages.

- Prior to purchase of hospital grade electric breast pumps contact the SA Breastfeeding Coordinator.

- ❖ Electric pumps –Electric breast pumps must be evaluated for safety and effectiveness. The electric pump should be:
 - easy to assemble,
 - easy to clean,
 - efficient enough that a pumping session can be completed in 20-30 minutes,
 - useable for single or double pumping,
 - easy to convert to a manual pump, and
 - portable with a carrying case.

The milk collection container should:

- be easy to remove with minimal spillage,
- collect milk in a standard size baby bottle, and
- adapt for use in feeding.

The electric pump should:

- regulate suction control,
- cycle a minimum of 40 times per minute,

Subject: Breastfeeding Equipment

alternate pressure setting during milk collection, and minimize potential for cross-contamination between users

The manufacturer should provide:

pump attachment kits for single users, and a maintenance agreement.

Print materials should:

include pictures or diagrams that support the directions, and be available in other languages.

Electric pumps should:

use a standard electrical outlet, and have a UL approved power cord and plug.

- Complete the Breast Pump Request for Reimbursement Form, attach copies of the paid invoices, shipping costs and submit to the SA Breastfeeding Coordinator. Do not put a reimbursement request using food funds on your affidavit;
 - Breast pumps and/or collection kits are not to be stockpiled. Only order the amount estimated to be used for a maximum of six months. An exception to this guideline might be a small LA who would estimate using less than a full case of breast pumps during a six month period. A full case should be ordered to benefit from a reduced unit cost;
 - If you are a small LA or subagency, consider making purchases with adjacent LA or subagencies to be able to obtain a lower price. If you do this, remember that only one LA may submit the reimbursement request;
 - Please contact the SA with questions;
2. Instruct all participants on hand expression of breastmilk before suggesting or issuing manual or electric breast pumps unless it is contraindicated. An example might be a mother with an infant in NICU.
 3. All staff who issue pumps and participants who receive a pump must be instructed on the proper use, assembly, and cleaning of breastfeeding equipment.